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| **October 2019**  Child’s Name  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Classroom   |  |  |  |  | | --- | --- | --- | --- | | **Date** | **1** | **2** | **3** | | **Sept 30** |  |  |  | | **Oct 1** |  |  |  | | **Oct 2** |  |  |  | | **Oct 3** |  |  |  | | **Oct 4 \*\*** |  |  |  | | **Oct 7** |  |  |  | | **Oct 8** |  |  |  | | **Oct 9** |  |  |  | | **Oct 10** |  |  |  | | **Oct 11 \*\*** |  |  |  | | **Oct 14** |  |  |  | | **Oct 15** |  |  |  | | **Oct 16** |  |  |  | | **Oct 17** |  |  |  | | **Oct 18 \*\*** |  |  |  | | **Oct 21** |  |  |  | | **Oct 22** |  |  |  | | **Oct 23** |  |  |  | | **Oct 24** |  |  |  | | **Oct 25 \*\*** |  |  |  | | **Oct 28** |  |  |  | | **Oct 29** |  |  |  | | **Oct 30** |  |  |  | | **Oct 31** |  |  |  | | **Nov 1 \*\*** |  |  |  |   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 30  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Low Fat Penne Alfredo & Chicken, Roasted Seasonal Veggies, Fresh Fruit | 1  Breakfast for Lunch—French Toast, Eggs, Lyonnaise Potatoes, Fresh Fruit  Pasta w/Turkey Bolognese Sauce, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 2  Picadillo, Roasted Seasonal Veggies, Brown Rice, Fresh Fruit  Grilled Chicken & Cheddar Sandwich, Roasted Seasonal Veggies, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 3  Turkey Meatball Sub, Baked Tater Tots, Fresh Fruit  Turkey Meatballs w/Roll, Baked Tater Tots, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 4  Beef & Broccoli Stir Fry, “Fried” Rice w/Vegetables, Roasted Broccoli, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| 7  Chicken Cacciatore w/Tomato Sauce over Pasta, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 8  Turkey Tacos, Rice & Beans, Fresh Fruit  Cheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit  Cheese Ravioli w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 9  Honey Soy Glazed Chicken w/Lo Mein Noodles, Sautéed Veggies, Fresh Fruit  Honey Soy Glazed Chicken Sandwich, Sautéed Veggies, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 10  Lean Beef Burger, Roasted Sweet Peas, Fresh Fruit  Lean Beef Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh Fruit  Mac & Cheese, Roasted Sweet Peas, Fresh Fruit | 11  Spice Rubbed Chicken w/Israeli Couscous, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |

1. Check off your child’s lunch order for each day (select a meal)
2. Every day you have the option of Water, Milk, or Chocolate Milk.
3. Each meal is $4.50. A full menu for the month is
4. Tear off the completed form and **RETURN WITH PAYMENT by Wednesday December 19th.**

Meals x $4.50 =

Paid by: check # or cash

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 14  Pasta w/alla Rosa Sauce & Chicken, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 15  Cheese Lasagna, Roasted Seasonal Veggies, Fresh Fruit  Mexican Lasagna, Roasted Seasonal Veggies, Fresh Fruit  Breakfast for Lunch--Egg & Cheese Bagel, Lyonnaise Potatoes, Fresh Fruit | 16  Ropa Vieja, Brown Rice, Roasted Seasonal Veggies, Fresh Fruit  Chipotle Shredded Beef Sandwich, Roasted Seasonal Veggies, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 17  Baked Fish Sticks w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit  Breaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 18  Chicken Parm Sub Sandwich, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| 21  Pasta Puttanesca w/Chicken, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Sautéed Broccoli & Garlic, Fresh Fruit  Baked Quorn Nuggets, Sautéed Broccoli & Garlic, Fresh Fruit | 22  Lean Beef & Cheese Burrito, Black Beans, Roasted Seasonal Veggies, Fresh Fruit  Cheese & Quinoa Burrito, Black Beans, Roasted Seasonal Veggies, Fresh Fruit  Cheese Tortellini w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 23  Baked Chicken Piccata, Roasted Seasonal Veggies, Fresh Fruit  Grilled Chicken Sandwich, Roasted Seasonal Veggies Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 24  Maple Mustard Glazed Sliced Turkey, Roasted Seasonal Veggies, Roll, Fresh Fruit  Maple Mustard Glazed Turkey Po’ Boy, Roasted Seasonal Veggies, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 25  Braised Chicken & Cheese Empanadas on a Bed of Brown Rice, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 28  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Lean Beef Meatballs & Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit | 29  Chimichurri Chicken w/Spanish Rice, Roasted Seasonal Veggies, Fresh Fruit  Chimichurri Grilled Chicken Sandwich, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Seasonal Veggies, Fruit | 30  Philly Cheesesteak, Roasted Seasonal Veggies, Fresh Fruit  Sesame Ginger Beef & Long Bean Stir Fry, Lo Mein Noodles, Roasted Seasonal Veggies, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 31  Mojo Grilled Chicken w/Black Bean Salsa, Roasted Seasonal Veggies, Brown Rice, Fresh Fruit  Jerk Chicken Sandwich, Plantain Chips, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 1  Mexican Carne Asada w/Pico de Gallo, Spanish Rice, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit |